

# Stay at Home Pack

Third Edition

St George Mental Health Rehabilitation Team

## **This pack includes many activities and suggestions on things to do during Sydney Lockdown 2.0**

- Try and maintain a routine and turn off the news.
- Eat well and get enough sleep.
- Try to go out for a walk each day for some fresh air, even if it's for 5 minutes, or open a window if you're able for a few minutes to feel the outside breeze.
- Do something nice for yourself every day, a cup of tea in the sun, listening to your favourite music, walk around your neighbourhood exploring and taking photos.
- Stay in touch with others through the internet or phone. Video calls help you to feel more connected because you can see the faces of the person you are speaking to.
- Your regular appointments may be online or face to face at this time, try to keep attending them.
- Light a scented candle or use essential oils/room spray.
- Get creative in the kitchen. Try a new recipe or hand making bread.
- Learn a new hobby such as origami which is affordable and easy to do at home. Read or do a puzzle.
- Do some gardening, or catch up on home maintenance.
- Hang up Christmas or twinkling lights if you have them. The added sparkle helps to change the feel of the inside space.
- Listen a podcast or an audio-book. Even if not concentrating on what is being said, the sound of voices in the background helps to feel less alone. A number of free podcasts and audiobooks can be accessed through the ABC Radio National library and also via the ABC Listen App available on the app store and google play. Go to <https://www.abc.net.au/radio/listenapp/audiobooks/>
- If you have access to YouTube there are many long train journey videos. Playing these on the TV, phone or computer can give a sense of being in a larger space and being outdoors on a virtual trip from your home. Some slow journey links include:
  - o The Ghan, Australia - <https://www.youtube.com/watch?v=cqRUlyzQ7c0> (3hr)
  - o Bergen to Oslo- [https://www.youtube.com/watch?v=xisVS\\_DKpJg](https://www.youtube.com/watch?v=xisVS_DKpJg) (7hr, 14min)
  - o Royal Gorge Railroad, Colorado- <https://www.youtube.com/watch?v=YpcJ6jJlZ6o> (1hr, 36min)
  - o Winter ride through snowy mountains to Adriatic Sea Coast- <https://www.youtube.com/watch?v=Y53k5YCL93c> (3hr)

# FIVE SENSES NATURE SCAVENGER HUNT

Tick each item off your list as you find it.

## SIGHT

- ☒ Find something white
- ☐ Find something patterned
- ☐ Find something tiny
- ☐ Find something heart shaped
- ☐ Find something long
- ☐ Find five of the same thing

## SOUND

- ☐ Find something that snaps
- ☐ Find an animal sound
- ☐ Find a soft sound
- ☐ Find something that crunches
- ☐ Find something loud
- ☐ Find something to make music with

## TOUCH

- ☐ Find something bumpy
- ☐ Find something wet
- ☐ Find something warm
- ☒ Find something soft
- ☐ Find something prickly
- ☐ Find something smooth

## SMELL

- ☐ Find a flower with a scent
- ☐ Find a smell you like

## TASTE

- ☐ Find something humans could eat
- ☐ Find something an animal would eat

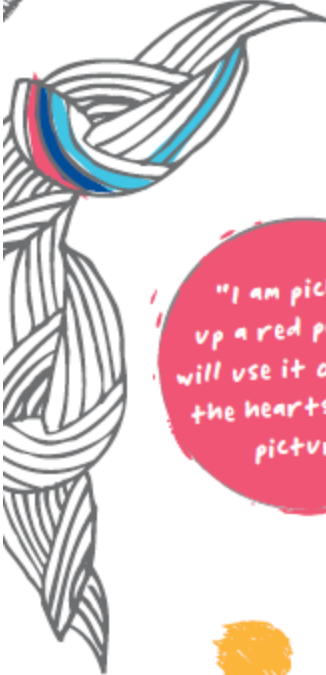
Engage the five senses...

# NATURE SCAVENGER HUNT



# MINDFUL COLOURING

Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.



If we catch ourselves thinking about the past or the future, we can **bring our awareness back to what we are doing** in the present moment by describing what we are doing.


"I am picking up a red pen and will use it on all of the hearts in the picture"

We need to let go of judging whether the colouring in is good or bad, amazing or terrible and whether we are good at it or not. **There is no right or wrong way** to colour in, it is a form of self-expression.

"In this current moment, I am colouring in"

Mindfulness can improve our overall sense of well-being. **We feel more relaxed** by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.

"I have coloured in the robots with blues and greys and the background in yellow"



"Colouring helps me wind down and calm down after the stresses of a day at school or work"

RELAX

[youthfocus.com.au](http://youthfocus.com.au)

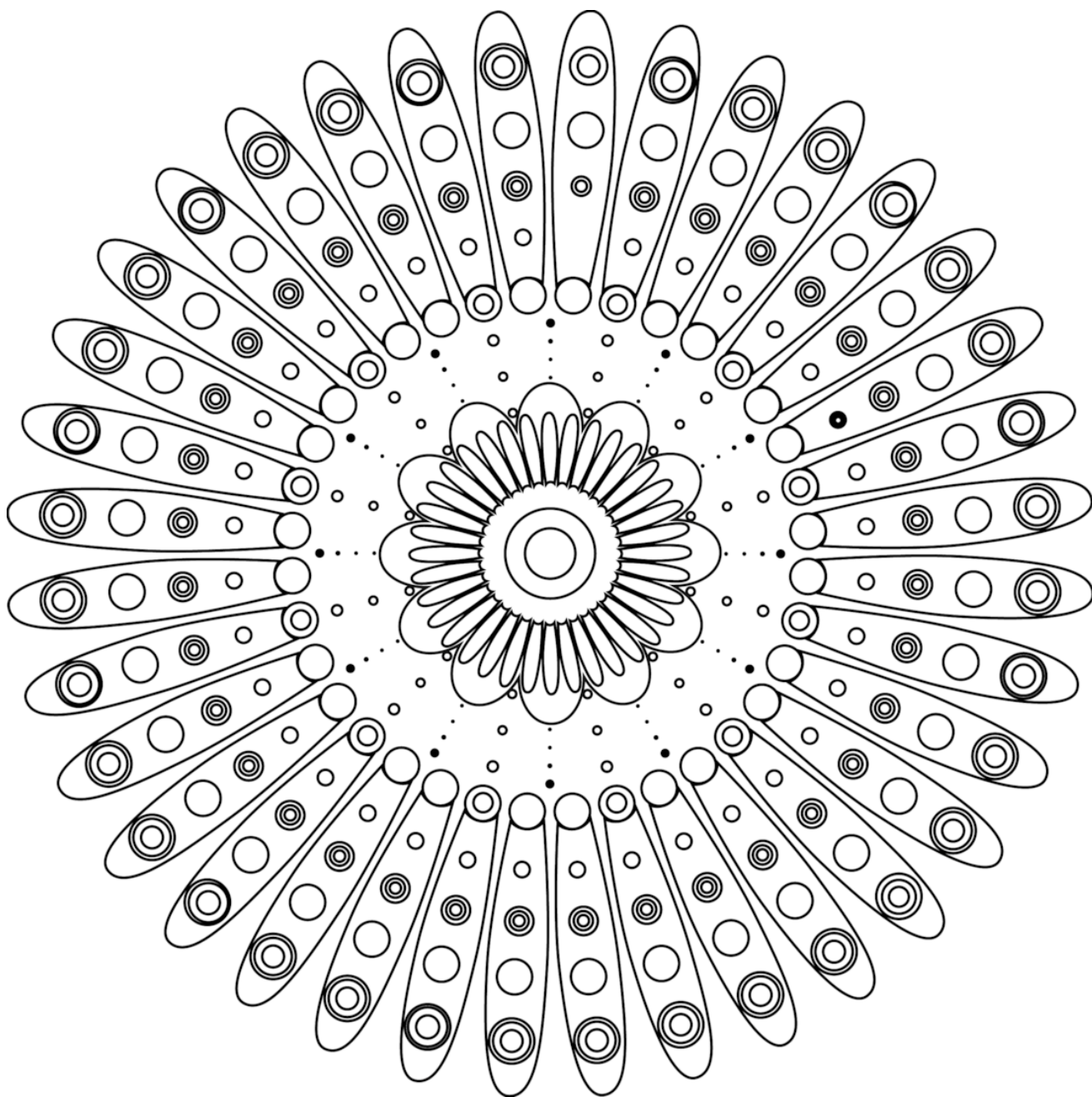
If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on [08] 6266 4333, email [hello@youthfocus.com.au](mailto:hello@youthfocus.com.au) or visit our website  
54 Goodwood Parade Burswood | 1/93 Grand Boulevard Joondalup | 5/5 Goddard Street Rockingham





## Mindful Colouring – Drop everything and colour

From <https://mondaymandala.com/m/beautiful-inside>



## Stay at Home Riddle

**Pick me off and scratch my head. Once was red is black instead. What am I?**

Find answer at the bottom of page 26.

## Colour Time

BLAH BLAH  
BLAH BLAH  
BLAH BLAH  
BLAH BLAH  
BLAH BLAH  
BLAH BLAH  
BLAH BLAH

# How to Sew a Button

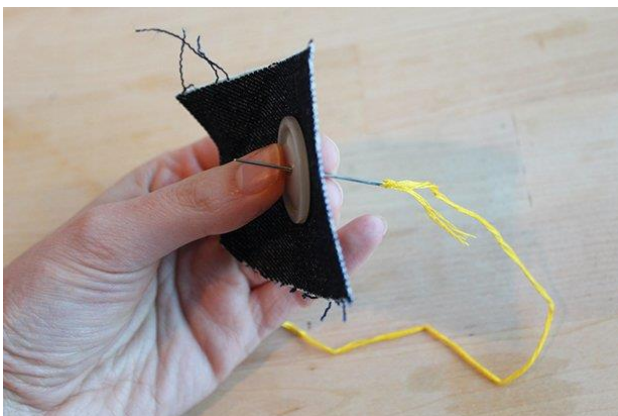
Sewing a button is one of those tasks that can seem daunting, but it's probably the easiest repair you can do! There are three main types of buttons: 4-holed, 2-holed, and shank. Lets walk you through the 2-holed, but 4-holed and shank follow the same idea and shouldn't scare you off!



1) Firstly, do you have a replacement button? Is it the same one that fell off? If you don't have that one, check if there's an extra by looking along your clothing's seams. If you can't find one, check to see if you have a stash of buttons you cut off of hangtags when buying new clothes.

Don't have a matching button? You could always choose something similar, use a different one for a unique style, or buy enough matching buttons to replace them across the whole garment.

The same goes for thread! Decide whether you're planning on matching the thread to what's already there, if you want to switch it up, and if thread is even the right option. A hack to sew on pesky buttons that seem to always fall off (like on sports jackets and coats) is to sew them on with dental floss! (Sharpie floss to be black if you need).



2) See if you can find where the button had previously been attached. Take your threaded needle (with knot at the end!) and try to match it to one of the previous holes from the back of the fabric. Push the needle through so it comes out the front of the fabric, where the button should be. Thread it through the button and centre the button properly as to where it



should lie before taking your needle through the other hole and back down through the fabric to the other side.



3) Repeat this process of going up and through the fabric, and back down to secure your button, keeping your stitches tight. *(If this was a 4-holed button, you would do this process in an "X" but looping one line first a few times (6-12) before switching to the other, approached from the back.)*



4) Once you feel your button is secure, make sure your thread is on the back side. Take up a couple threads from the fabric with your needle, and before you pull your needle all the way through, wrap your thread around the needle a few times (at least 3). Continue pulling the needle through and you should have a knot!

You can fix those shirts, jackets, and pants! Have fun.



## Sudoku: Easy Challenge

		3				9	2	
	6		2		9		8	
2		4	3	6			1	
9		5		7	2			
6			8		5			4
			4	3		1		5
	5			1	7	3		2
	1		5		4		6	
	7	9				8		

Sudoku provided by [Sudoku.com.au](http://Sudoku.com.au)

## Sudoku: Medium Challenge

9			8		7			2
2								3
	7	8				1	4	
		2		1		4		
1			3		4			6
		3		6		5		
	3	6				9	7	
4								5
5			7		9			8

Sudoku provided by [Sudoku.com.au](http://Sudoku.com.au)



# MENTAL HEALTH AND WELLBEING



## MINDFULNESS EXERCISES

**Mindfulness is all about being in the present moment and accepting things for what they are.**

These mindful exercises from the Black Dog Institute are a handy tool for managing stress and anxiety.<sup>1</sup>



### One-minute exercise

Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go. Try it now!

### Breathing exercise

Let your thoughts come into your mind for a few moments, then as you let them float away, redirect your full attention to your breathing. Pay attention to each breath in and out as they flow rhythmically, one after the other.

Are they shallow or deep? Long or short? Where can you feel your breath in your body? Your nose? Your chest? Your tummy?

### De-stressing exercise

Sit upright on a chair or with your legs crossed on the floor. Gently close your eyes and take a few deep breaths. Notice the weight of your body pressing down on the floor. Notice any sounds, smells or sensations going on around you.

When you're ready, ask yourself, "What is going on with me at the moment?" Observe any thoughts or feelings that arise and label them – "that's a sad thought," or, "that's a happy feeling." Sometimes just acknowledging these thoughts and feelings can help them feel less intense. Let the thoughts and feelings float away. Return your focus to your breath.

The more you practice observing your thoughts and feelings, the easier it will be to stop getting distracted by them.

### Walking exercise

Concentrate on your breath and the feeling of the ground under your feet while you walk. Observe what is around you as you walk, staying in the present. Let your other thoughts go. Just look at the sky, the view, the other walkers. Feel the wind, the temperature on your skin and enjoy the moment.

### Eating exercise

Sit at the table with your meal - no newspapers, books, TV, radio, music, or talking. Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.

You might be surprised by how different food tastes and how filling your meal can be when eaten this way. It's also very good for your digestion!

### Mindfulness apps

If you have a smartphone, there are a range of apps that can help you build mindfulness into your everyday life.

#### Smiling Mind

An Australian app tailored to suit different age groups, including exercises for children and students. [Smiling Mind's Thrive Inside](#) program is designed to support mental health and wellbeing during extended periods of time at home.

#### Headspace

Visit [Headspace's Weathering the Storm](#) collection for free and easy meditations, sleep and movement exercises to help cope with periods of change and uncertainty.

#### Relax Melodies

Not exactly a mindfulness or meditation app, [Relax Melodies](#) provides ambient sounds for sleep and relaxation.

### References

1. Black Dog Institute. (2020) *Mindfulness in everyday life*. Sydney, Black Dog Institute.



CITY OF GREATER  
**GEE LONG**

## Colour Time





# Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...



Things You Can See



Things You Can Feel



Things You Can Hear



Things You Can Smell



Thing You Can Taste



## Word Search

### Words of Self-Empowerment

Y Q S H G M C R E A T I V E N X E F E C V X E D  
E R U A X B M O H D A Y O Y E W N C X S F R N E  
E X O P J O C H E E R F U L P H E O Q U O G T L  
R T E P C L M Z N C P Q V L O N R N U O E L H I  
F E G Y M D Z N F A I T H F U L G F I L C O U G  
V I A O P A S S I O N A T E X O I I S E P W S H  
E U R U J E L B A T R O F M O C Z D I V G I I T  
C Q U D K U W E M P O W E R E D E E T R P N A F  
P A O E V I T P E C E R T S X L D N E A R G S U  
A R C P D N I K E L B A V O L U U T Q M O B T L  
S M E B N I M A G I C A L T Y E H F S R U O I Y  
H U A C R A E L C F O C U S E D Y O E L D K C R  
O M O Z I O P T I M I S T I C P I Q U C Q J I A  
P M M I I O D E T I C X E J O N N F D R A M Z N  
E T A K C N U Y I C V Q Q S S B Y E E X S E I I  
F E C G Z A G S L A K K I P Y A N S Z J U Y P D  
U V P K N L R U R L Y T I S L E I G S C O K M R  
L I Z O S I F G O M I R A P T L N F M R L S F O  
C S W W W Y F W Q V E E I H I I E A A D U I G A  
E I T K O E N I E D D L G E V Y H D N A B R L R  
O C B J S G R U C L O I N O V P I M O X A F L T  
S E T V N B A F F E L T L T W A R Y B Y F L A X  
H D Y N A M I C U N N K I T N A I L L I R B U E  
E M O S E W A R E L B T O T A P P R E C I A T E

RESILIENT    RECEPTIVE    RADIANT    QUIET    PROUD    PRECIOUS  
POWERFUL    POSITIVE    PLAYFUL    PEACEFUL    PASSIONATE  
OPTIMISTIC    OPEN    NOBLE    MARVELOUS    MAGNIFICENT  
MAGICAL    LOVABLE    LOVING    KIND    JOYFUL    JAZZED  
INSPIRED    FAITHFUL    HOPEFUL    HAPPY    GRACIOUS    GLOWING  
FUN    FRISKY    FREE    FOCUSED    FABULOUS    EXTRAORDINARY  
EXQUISITE    EXCITED    ENTHUSIASTIC    ENLIGHTENED    ENERGIZED  
EMPOWERED    EASY    DYNAMIC    DELIGHTFUL    DECISIVE  
CREATIVE    COURAGEOUS    CONFIDENT    COMFORTABLE    CLEAR  
CHEERFUL    CALM    BRILLIANT    BOLD    AWESOME    APPRECIATE  
AMAZING

## Word Search

### Confidence

D Z T W N D E L I F L U F V R Q H T G N E R T S  
E E M O S D N A H G N U O Y I B L E S S E D G S  
T E L B A U L A V K Q R Z A C H E A L T H Y K M  
A H R R P E R S I S T E N T H U N E P O D G Z A  
C G X C N E T A N O I S S A P M O C W C N R C R  
U U D S B A L A N C E D W I S E R F B U E E W T  
D O D E N I L P I C S I D I N T E L I G E N T M  
E N D Y Z D R L E W G I V I N G V P A M K E S O  
D E E V A R B U K E N E R G E T I C K I N D L V  
U C Y S P N X F G E N E R O U S E T K B O L D I  
T O O E O H I E G E T N E M T I C X E N C W O N  
I N L E W A S C Y H T L A E W W E L B A P A C G  
T F P D E M U A L U F T A E R G R L O V I N G A  
A I M E R Y O E M G E A Z D A B U N D A N C E D  
R D E S F E E P W D V V L G N I R A C G P E T C  
G E Q U U L G M T E I K U F P R E S E N T G P I  
T N D C L B A G H D S N F O X I L E A D E R O T  
H T X O U I R N A I N E S R X B O U N D L E S S  
O L X F U S U I N C A V S G Y X M Z N D O R I I  
P F X E E S O V K A P I E I E L B A U H V Y T M  
E V I L A O C I F T X R C V M T F M F K I O I I  
F E R L N P Z L U E E D C I G N R O T S N J V T  
U Y P P A H J K L D S C U N A C T I V E G G E P  
L O C O N E C T E D D U S G M O T I V A T E D O

kind    caring    brave    possible    Receiver    Forgiving    handsome  
boundless    alive    living    excitement    fun    expansive    Gratitude  
thankful    grateful    fulfilled    enough    Courageous    Abundance    rich  
valuable    joy    Focused    Disciplined    energy    intelligent    leader  
driven    motivated    bold    moving    present    compassionate    connected  
Loving    Generous    giving    open    peaceful    balanced    Persistent  
Powerful    Dedicated    employed    successful    Blessed    Energetic  
strength    educated    wise    wealthy    active    confident    hopeful  
optimistic    happy    positive    able    young    strong    healthy    capable  
smart    loving



## Virtual Tours from your Home!

- National Gallery of Victoria- <https://www.ngv.vic.gov.au/virtual-tours/>
- National Arts Gallery- <https://www.nag.org.au/virtual-tour>
- Art Gallery of New South Wales- <https://artsandculture.google.com/partner/art-gallery-of-new-south-wales>
- Australian Museum, Sydney- <https://artsandculture.google.com/partner/australian-museum-sydney>
- Australian National Surfing Museum- <https://artsandculture.google.com/partner/australian-national-surfing-museum>

## Virtual Fitness from your Home!

- Free yoga- <https://www.youtube.com/user/yogawithadriene>
- Free 7 day trial dance classes- <https://www.steezy.co/itd1>
- Free trial pilates - <https://online.hustl.com.au/>
- Low-impact workouts: Leslie Sansone's Walk at Home <https://www.youtube.com/user/walkathomemedia>

# Amaze Yourself with This Step-by-Step Card Trick from an Off Broadway Magician

From <https://www.vanishingincmagic.com/learn-card-tricks/five-easy-card-tricks/>

## Step 1

Take any 15 cards from a regular deck. Don't use the jokers. Divide your 15 cards into three piles of five. Place each card facedown.



## Step 2

Choose one of the piles, keeping the cards facedown, and shuffle them. Place this pile in front of you. This will be your pile.



## Step 3

Pick a different pile of five cards and shuffle them, keeping them facedown. Whenever you'd like, stop shuffling and keep the cards face down in your left hand. With your right hand, lift some cards from the pile in your left hand. (You should now have a few cards in your right hand.) Look at the face of the bottom card of the pile in your right hand. Memorize this card.



#### Step 4

Place the cards in your right hand on top of your pile, the pile in front of you. Shuffle the remaining cards in your left hand, then place them on top of your pile.



#### Step 5

Pick up the last group of five cards and, keeping the cards facedown, shuffle them. When you're done, place these cards on top of your pile. You should now have one pile of cards.



#### Step 6

Think of a single-digit number between one and nine. You will use this number to shuffle the cards. Pick up all the cards. Take the top card and deal it on the table. That's No. 1. If one was your number, stop there. If not, deal the next card. That's No. 2. If your number was two, stop there. If not, deal cards until you've reached the number you've selected.



#### Step 7

Now that you have dealt the number you were thinking of, drop the remaining cards from your left hand on top of the pile on the table. Think about this: You shuffled the cards. You selected a card, then kept shuffling. Then you thought of a number and used that number to keep shuffling. There is no way I should be able to know where your card is. But I do.





### Step 8

Pick up the entire pile and deal, facedown, one by one, nine cards onto the table in a pile. You have six cards left in your hand. Turn these cards face up. I know that your card is not there! So put those six cards aside. You don't need them anymore. Remember: You shuffled and selected a card. You thought of a number between one and nine. You selected a card and selected a number. How can I, know your card? Pick up the pile on the table. Start dealing the cards facedown, and as you deal, count out loud until you've reached the number you'd thought of earlier. Keep that card in your hand, but don't turn the card over!



### Step 9

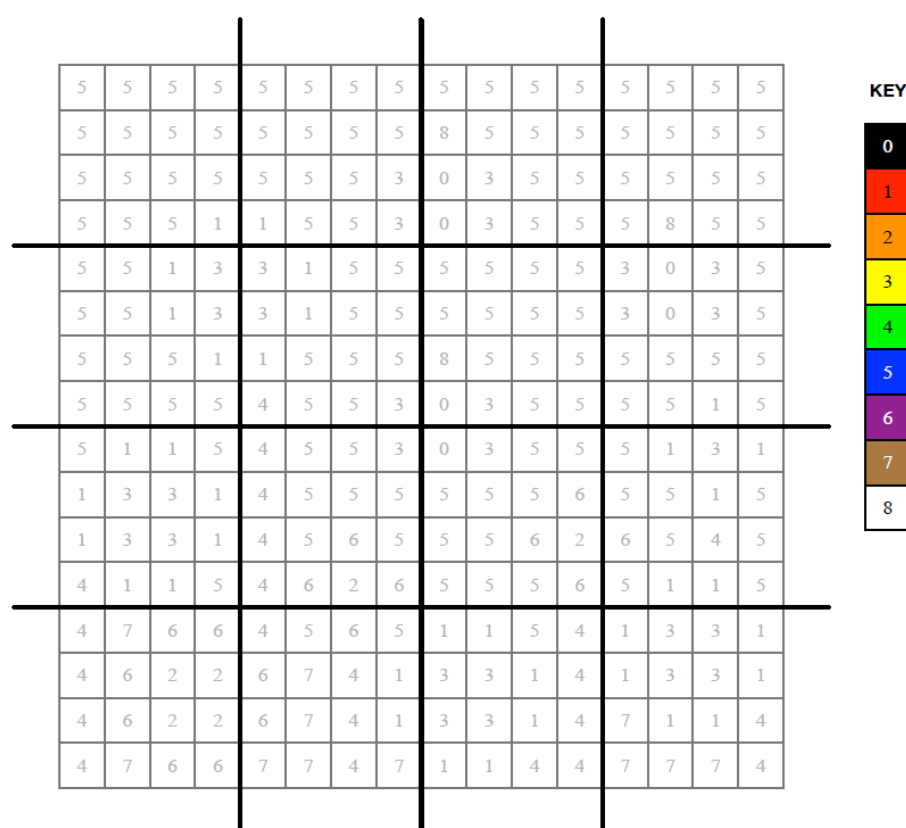
Think again about what has happened, the elements of randomness that I've introduced. Now turn the card over. This is your card, found on your number!



## Simple Colour By Number Pixel Puzzle Picture 1S: Mini-beasts

Pictures can be stored in a computer as a grid of numbers. Each number gives the colour of that small area or **pixel**. This is also the way digital images are stored and represented on a screen.

In this simple colour-by-number puzzle you must recreate the picture by colouring each **pixel** as given by its number. Look up the colour for each number in the key. For example, colour pixels marked 0 in black, and pixels marked 1 in red.



What **algorithm** did you use to colour the picture?

Here are three ways:

- 1) Work along the rows colouring each pixel in turn before moving to the next row.
- 2) Pick a colour then work along the rows, colouring pixels of only that colour. When you get to the end of the grid, pick the next colour and start again. Repeat this until you run out of colours.
- 3) Pick an uncoloured square and colour it, then colour all pixels around it that are the same number, moving outwards until there are no more adjacent pixels with that number. Then pick a new uncoloured square and repeat until the whole picture is done.

Why not create your own pixel puzzle picture?

Computer Science activities with a sense of fun: Pixel Puzzle Pictures 1S V2 (26 June 2016)  
Created by Paul Curzon, Queen Mary University of London  
with support from the Mayor of London  
for Teaching London Computing: <http://teachinglondoncomputing.org>



## Sudoku: Easy Challenge

		6			9	1		7
				5	2			3
9	1	3					8	
7	3			1	5		2	
8			4		7			9
	6		3	2			5	4
	8					4	9	2
3			6	8				
5		7	2			6		

## Sudoku: Hard Challenge

						6		8
				4		3		
			1			5	4	
7	3				6			1
	8		2		5		9	
5			8				3	4
	5	7			2			
		6		7				
9		8						

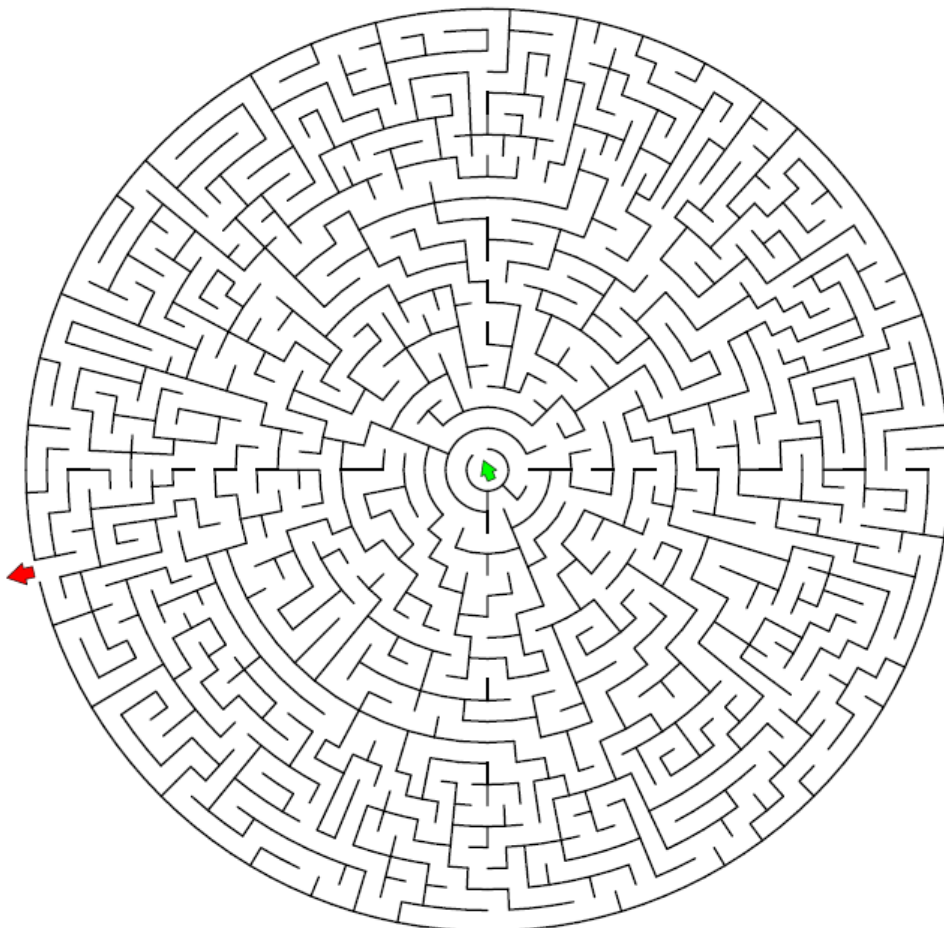
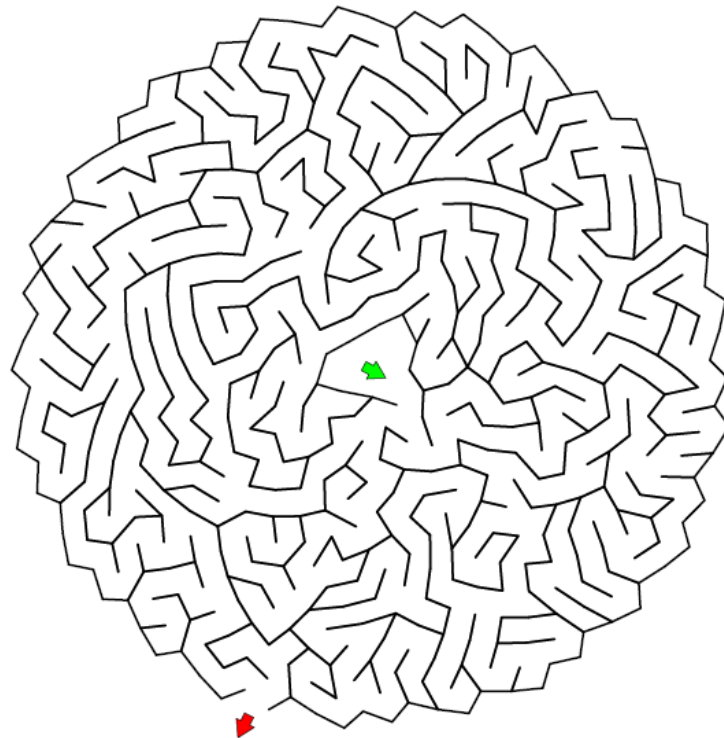
Sudoku provided by [Sudoku.com.au](http://Sudoku.com.au)

Go to [www.Sudoku.com.au](http://www.Sudoku.com.au) for more daily sudoku challenges!



# Amazing Mazes

[www.printablemazes.net](http://www.printablemazes.net)



# Self-Care BINGO

DIRECTIONS: Write a self-care idea in each square. Mark off a square as you complete it. The first one to BINGO wins.

Write down 3 nice things about yourself	Step outside for some fresh air	Take 10 minutes to breathe deeply	Keep a journal	TECH BREAK Step away from your phone & computer
Call (not text) a friend	Go for a walk	Take an online class, workshop or listen to a Ted Talk	Declutter your space	Listen to a favorite song... and dance if you feel like it
Spend 5 minutes stretching	Light a favorite candle and read a book	Free	Think of things you are grateful for	Get creative - color, paint, make
Bring the spa home - do your nails, lotion your legs, etc	Go to bed early	Cook a healthy meal	Binge watch a funny show	Get a massage
Listen to a podcast	Cuddle a pet	24 hour social media detox	Watch the sunrise, sunset, or clouds	Take a cat nap

You gotta *nourish* to *flourish*!

[www.inspirationmadesimple.com](http://www.inspirationmadesimple.com)

# Self-Care BINGO

DIRECTIONS: Write a self-care idea in each square. Mark off a square as you complete it. The first one to BINGO wins.

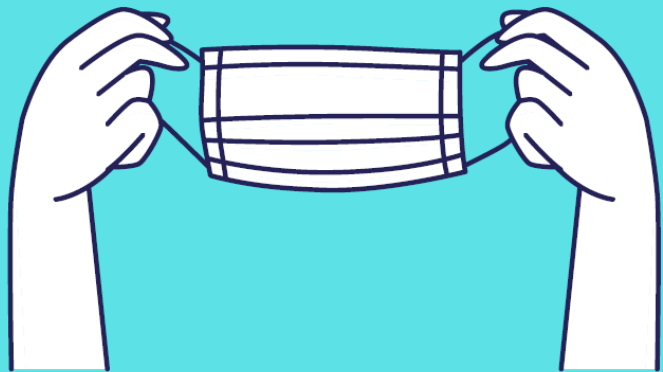
		Free		

You gotta *nourish* to *flourish*!

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[www.inspirationmadesimple.com](http://www.inspirationmadesimple.com)

# How to Drink Enough Water While Wearing a Mask



## Tips

- ✓ Set an alarm on your phone every hour to drink a glass of water
- ✓ Have a drink bottle at your desk
- ✓ Make water more fun by adding fruit or mint
- ✓ Fill your water bottle back up as soon as it's empty
- ✓ Have a glass of water before each meal



## Colour Time

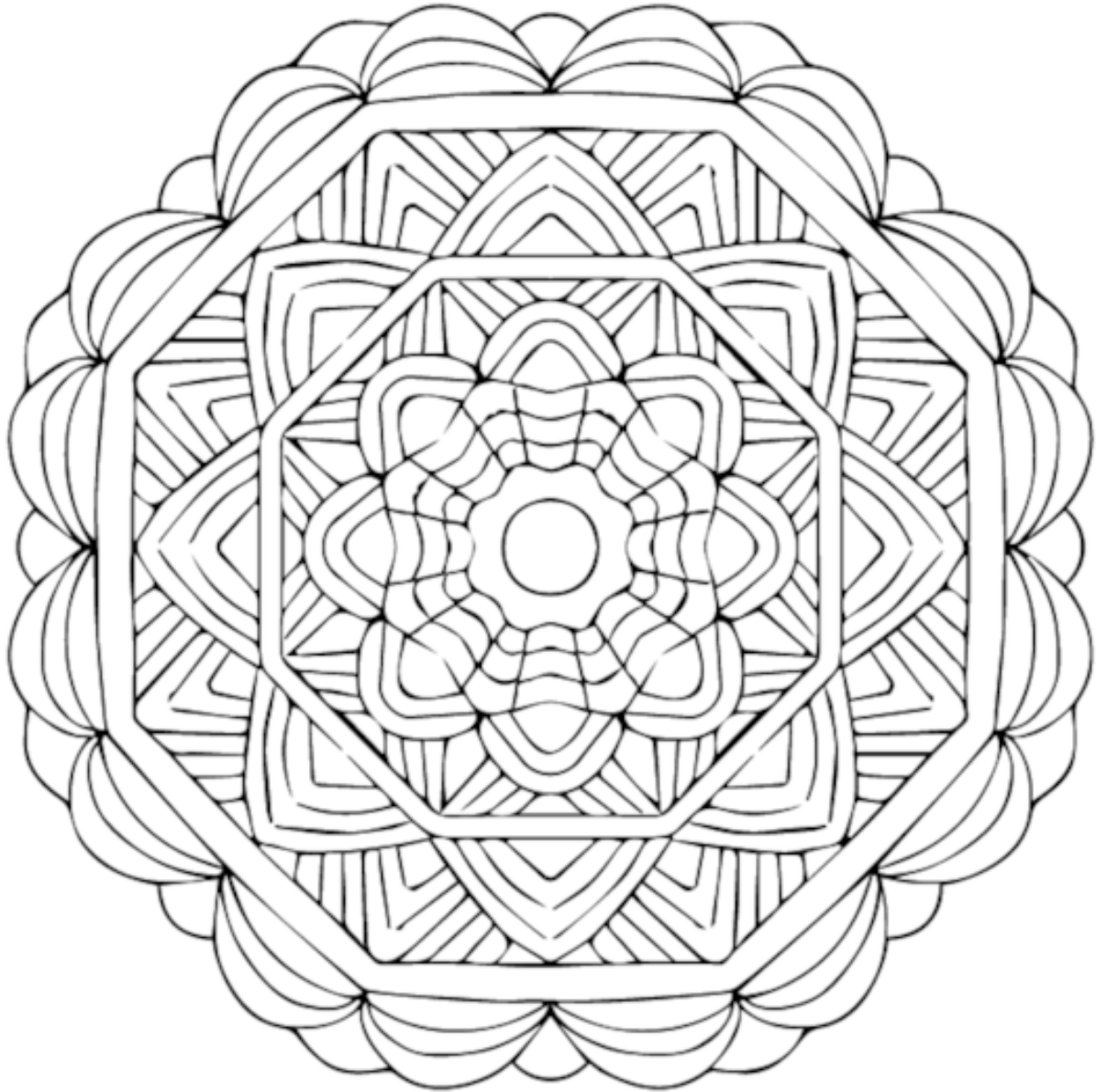


WITH love ♥ castle  
[www.castleandthings.com.au](http://www.castleandthings.com.au)





## Monday Mandala

<https://mondaymandala.com/m>



Riddle answer: A Match

# PHOTO SCAVENGER HUNT

- |   |   |
|---|---|
|  trampoline        |  a shadow       |
|  red truck         |  the letter T   |
|  mailbox           |  street sign    |
|  fire hydrant      |  dog            |
|  something orange  |  mini van       |
|  license plate     |  tree           |
|  trash can       |  stop sign    |
|  swing set       |  porch swing  |
|  someone smiling |  the number 3 |
|  basketball goal |  water        |
|  tennis court    |  bicycle      |
|  water hose      |  tall tree    |
|  someone waving  |  stop light   |
|  for sale sign   |  motorcycle   |
|  lawn mower      |  umbrella     |
|  your reflection |  cat          |

## Colour Time



WITH LOVE ♥ castle  
[www.castleandthings.com.au](http://www.castleandthings.com.au)

# Pleasant Activity Suggestions

Feeling bored? Pick an activity to fill your time.

- |  |   |
|--|---|
| 1. Collecting things (coins, shells, etc.) | 22. Lighting candles  |
| 2. Taking deep breaths                     | 23. Fantasizing about the future                                |
| 3. Recycling old items                     | 24. Having an aquarium  |
| 4. Relaxing                                | 25. Reading stories, novels, poems or plays                     |
| 5. Jogging, walking                        | 26. Working on machines   |
| 6. Listening to music                      | 27. Watching wild animals                                       |
| 7. Lying in the sun                        | 28. Listening to the sounds of nature                           |
| 8. Listening to others                     | 29. Watching the clouds, sky or a storm                         |
| 9. Reading magazines or newspapers         | 30. Working on my finances                                      |
| 10. Planning a day's activities            | 31. Kicking leaves, sand, pebbles, etc.                         |
| 11. Repairing things around the house      | 32. Budgeting my time   |
| 12. Taking care of my plants               | 33. Washing my hair   |
| 13. Exercising                             | 34. Getting up early in the morning                             |
| 14. Flying kites                           | 35. Taking adult education courses                              |
| 15. Singing around the house               | 36. Brushing my teeth   |
| 16. Painting                               | 37. Walking barefoot  |
| 17. Watching boxing, wrestling             | 38. Doing volunteer work, working on community service projects |
| 18. Cooking                                | 39. Playing with pets   |
| 19. Going hiking                           | 40. Looking at the stars or the moon                            |
| 20. Solving riddles mentally               |   |
| 21. Doing crossword puzzles                |   |